
Green Detox Soup

Cook Time: 0 min
Makes 4-5 servings

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 1 large carrot
- 2 celery sticks
- 100g broccoli
- 1 small onion
- 100g leek
- 50g de-stemmed kale or spinach
- 4 cups vegetable stock
- 1 tsp miso paste (optional)
- 1 tsp green superfood powder (optional)
- Salt and Pepper to taste
- 1 nori sheet, chopped
- Lemon wedge to serve

Instructions:

1. Chop all the vegetables and set aside.
2. In a medium saucepan, warm up the vegetable broth. Once it starts to boil add the carrots and celery. After a couple minutes add the broccoli, onion and leek. Let it boil for 2 minutes.
3. Add the kale, miso paste and superfood powder if using and stir.
4. Remove from the heat and pour into a blender. Blend until smooth. Season with salt and pepper to taste.
5. Serve with chopped nori and a squeeze of lemon.